

 new class

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6:00-7:00am Fluid Power Yoga [Ashley]	5:30-6:30am YOGA [Linda]	4:15 – 4:45 pm H. R.F. (Basketball Gym) [Larry] (med release needed)		6:30 – 7:00 am H. R. F. [Greta] (med release needed)	
MID-DAY		8:30-9:30am PIYO [Mary]		9:00-10:00am Sculpting [Mary]	11:30 – 12:15pm Interval Training [Mae]	
EVENING	12:00-1:00pm Tae-Kwon-Do [Bryan]	12:00 – 1:00pm Tae-Kwon-Do [Bryan]	12:00-1:00pm Tae-Kwon-Do [Bryan]	12:00 – 1:00pm Tae-Kwon-Do [Bryan]	12:15 – 1:15 pm Tae-Kwon-Do [Bryan]	
	4:00-5:00pm Exercise for Life [Cinda]	4:30-5:15pm Belly Dancing [Olga]	4:00-5:00pm Exercise for Life [Cinda]	4:30-5:15pm Yoga—all levels [Olga]		<div><p>**Schedule subject to change without notice. ***Online Schedule can be found at www.starport.jsc.nasa.gov **Instructors are Group Exercise and CPR/AED certified</p></div>
	5:00-6:00pm Simply Stretching [Patricia]	5:15-6:15pm Pilates [Patricia]	5:00-6:00 pm Yoga [Linda]	5:15-6:15pm Pilates [Jim]	5:00-6:00pm YOGA [Linda]	
	6:00 – 7:00pm Step [Christine]		6:00–7:00pm Step Blast [Karen L.]			